



ATTN: Chiefs of Medical Staff, Performance Improvement Staff, Department Heads, and Providers

**** Please forward to the Chief of Clinical Services and applicable personnel within your facility****

FREE On-line Educational Activity offered by TRICARE Management Activity (TMA), National Quality Management Program (NQMP) Scientific Advisory Panel, and Uniformed Services University of the Health Sciences (USUHS)

**Prevalence of Obesity in the Direct Care System
Offered Wednesday, June 15, 2005–Wednesday, June 14, 2006**

Approved for CME, CNE, PA, & General Credit

Faculty: COL Michael Custer
Chief of Nursing Research
Walter Reed Army Medical Center
Washington, DC

Target Audience: Physicians, nurses, physician assistants, and performance improvement staff

Educational Format: Web-based lecture (audio feed with simultaneous PowerPoint slides) with an opportunity to ask questions via e-mail to an NQMP Special Studies representative.

Subject: Review of the prevalence of obesity and the findings and recommendations from the 2003 NQMP study, “Prevalence of Obesity in the Military Health System.”¹

Overview: This presentation gives a brief overview of obesity, the factors that contribute to obesity, and MHS data from the 2003 NQMP study on prevalence of obesity. TRICARE Policy, Service Programs in place for maintaining “readiness” are also reviewed and some broad strategies and specific resources are included to help decrease obesity rates. The NQMP 2003 study looked specifically at three questions. . .

What is the prevalence of obesity for beneficiaries who received care at a MTF?
Are obese beneficiaries monitored for Blood Pressure (BP)? Do they receive patient counseling and education for diet and exercise?
What comorbid conditions are noted for obese TRICARE beneficiaries?
Estimates of prevalence in the MHS were compared to an external benchmark: the prevalence of obesity estimate obtained through the 1999/2000 CDC's National Health and Nutrition Examination Survey (NHANES).

Learning Objectives:

1. Discuss background information on obesity in general and the importance of maintaining a healthy weight
2. Discuss the key findings of the NQMP 2003 obesity study
3. Summarize current TRICARE benefits and DoD health promotion programs and initiatives

Prevalence of Obesity in the Direct Care System Fact Sheet

http://www.nqmp.info/ed/content/factsheet/download/ss_obesity_03.pdf

Continuing Education Credit Designation and Accreditation:

Continuing Medical Education (CME): This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through joint sponsorship of USUHS and TRICARE Management Activity and the National Quality Management Program. USUHS is accredited by the ACCME to provide continuing medical education for physicians.

USUHS designates this educational activity for a maximum of 1.0 category 1 credit(s) toward the AMA Physician's Recognition Award. Each physician should claim only those credits that he or she spent in the activity.

Continuing Nursing Education (CNE): This activity, for 1.2 contact hours, is provided by the Uniformed Services University of the Health Sciences (USUHS), which is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Physician Assistants CME: The American Academy of Physician Assistants (AAPA) accepts AMA Category 1 CME credit from USUHS, which is accredited by ACCME to provide continuing medical education for physicians.

Certificate of Completion: A certificate of completion is available for participants who are not eligible to receive continuing education credits for this activity.

In order to receive a continuing education certificate or certificate of completion, participants must complete the following components:

- View the on-line presentation
- Read the accompanying fact sheet
- Complete the post-test (and receive a minimum passing score of 80%), and
- Submit an evaluation form

Links to all of these components can be found on the main information Web page for this education activity. Certificates will be issued electronically after successful completion.

Credit is available from June 15, 2005 through June 14, 2006.

Registration: This activity is available at http://www.nqmp.info/ed/content/online_fr.htm, 24 hours a day, 7 days a week through 6/14/2006. There is no charge to participate.

Faculty Bio: COL Michael Custer, DrPH., has 23 years nursing experience with 15 years in advanced practice and extensive experience working as the director of community health nursing and preventive medicine offices in Ft Greely, Alaska, Fort Carson, Colorado, and Fort Bliss, Texas. He is currently the Program director at Center for Health Promotion and Preventive Medicine developing assessment tools and programs to enhance all aspects of healthy lifestyles which included weight management and weight reduction programs.

Financial Disclosure: Faculty member reports no conflict of interest.

If you have any questions, please contact:

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Or, you can contact USUHS at ContinuingEducation@usuhs.mil about this continuing education activity.

¹TRICARE Management Activity (TMA). 2003. *Prevalence of Obesity in the Military Health System 2003: A National Quality Management Program (NQMP) Special Study.* Lockheed Martin Information Technology, Inc.

² National Institutes for Health (NIH). 1998. *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report.* Bethesda, Maryland: NIH. Downloaded December 2003 from: http://www.nhlbi.nih.gov/guidelines/obesity/ob_gdlns.pdf.

³Washington Business Group on Health. 2003. Press release available at: <http://www.wbgh.org/about/press/press.hph?id=68>.